



The Benefits Bulletin

Statewide Benefits Office

February 10, 2021

American Heart Month

During American Heart Month, we want to remind you of the importance of monitoring your blood pressure. Your blood pressure is measured by the force of blood that is pushed against the walls of blood vessels. Your doctor will look at your systolic and diastolic numbers to determine if your blood pressure is low, high, or normal. The systolic pressure measures the pressure on your artery walls when your heart beats and diastolic pressure measures the pressure when your heart rests between beats. A normal blood pressure reading is less than 120/80 mm Hg. When you are getting your blood pressure taken do the following:

- Use the restroom before taking a blood pressure reading
- Relax
- Ensure your feet are flat on the floor and legs are not crossed
- Sit in a chair with your back resting against it
- Ensure your arm is supported and the cuff is at your heart level
- Do not place the cuff over clothing

If it is determined that you have high blood pressure, it is a good idea to work with your doctor to manage it in order to lower your risk of suffering from a heart attack, stroke or kidney disease. Here are some steps you can take:

- Eat healthy meals and snacks that are low in sodium
- Reduce your alcohol intake
- Exercise
- Manage stress
- Quit smoking
- Ensure you are taking your medication correctly



For more information on managing your blood pressure, visit the [SBO website](#), select your group, and click the icon for your health plan vendor - Aetna or Highmark Delaware.

Preventive Care

Have you ever noticed the new features that have been added to cars? For example, "left front tire air pressure is low" or "check oil" indicators alert you to take action in order to prevent car problems later. Preventive health and mental care for you and your family are just as important. By seeing your doctor for routine and/or preventive care appointments, you can detect problems early and start treatment. View the [Preventive Care](#) page for more information on age appropriate preventive health schedules.

Hidden Treasures Find the hidden code on the COVID-19 Updates page on our website and email the code to sbo.communications@delaware.gov (Subject: Hidden Treasures). A random drawing from all correct responses received by the end of the month will be conducted for a prize. Congratulations to last month's winner, Brittany B., DHSS!

COVID-19 Vaccine

The State of Delaware, Statewide Benefits Office (SBO) is working with the Department of Public Health (DPH) to make sure that you have access to the most up-to-date information on COVID-19 and the vaccine.

Talk with your primary care provider about getting vaccinated and review the Department of Public Health resources for information regarding [Delaware's COVID-19 Response](#) and [Vaccination Plan](#).

Individuals with general questions about coronavirus can call **2-1-1** or for people who are hearing impaired, please text your **ZIP** code to **898-211**. For those with specific health-related questions, please email DPHCall@delaware.gov.

Qualifying COVID-19 vaccines and administration will be covered at no cost to individuals enrolled in a State of Delaware Group Health Plan through Aetna or Highmark Delaware.

Update Contact Information

The New Year is the perfect time to review your personal contact information that your employer has on file for accuracy. If your information is not up to date, you will not receive important benefit information. If you work for the State of Delaware, a school district, charter school, DTCC, or DSU, you can update your information in [State of Delaware Employee Self-Service \(ESS\)](#). Once you have logged into ESS, select Personal Information. Then, update your home and mailing address, phone numbers, and email addresses. It is very important to ensure that your preferred email address is correct since many communications are sent via this contact method. If your preferred email is your business email and it is incorrect, you must contact your HR office to change it.